



# 30 Day Cafe.com

it's 5 o'clock

do you know where  
your dinner is?

[Home](#)[About/Welcome](#)[Blog](#)[Freezer Cooking Guide](#)[Meal Plans & Kits](#)[Our Store](#)[The Healthy Pantry](#)

## Featured Stories



Highlights

### Ultimate Guide to Once a Month Cooking

## Welcome

To 30 Day Cafe.com. Your Source for Freezer Cooking Resources, Kid Friendly Meals, Meal Planning Services, Quick and Easy Meal Kits & More!



Grocery delivery  
for less than a  
gourmet coffee.

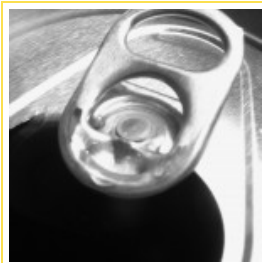


FREE Grocery  
coupons!

Join now



## Fresh From Our Blog...



### Kicking my Diet Soda Addiction & Losing 10+ Pounds in the Process

My name is Traci and I am an addict. I spent the better part of my 20's and 30's drinking 6+ diet sodas daily with Diet Pepsi and Diet Mountain Dew being my drugs of choice.

I never considered my diet soda habit an addiction until a friend of mine essentially dared me to quit [...]



### School Lunch Photo Gallery - This is Why You're Fat

I recently started following this blog - Fed Up with Lunch: The School Lunch Project where a midwestern mom commits to eating (and photoblogging) the daily school lunch menu in 2010. Are you fed up with school lunches? If you aren't...check out the photo gallery from her menu & from readers across the nation.

## Free Menu Planner & Grocery Sheets

What's for Dinner, Mom?

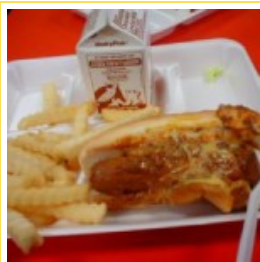


[Click here](#)  
for a free dinner planner.

we recommend...



Oddly enough, [...]



## Fed Up With Lunch? If you aren't...you should be.

I recently discovered this eye-opening blog "Fed Up With Lunch - The School Lunch Project" where a brave Midwestern mom journals her commitment to eat school lunches every day in 2010.

Chec

k Out Day 56 - Chicken Patty

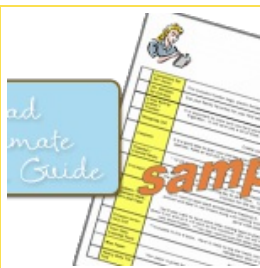
The blog also includes photos of the daily meals she is eating in the school cafeteria which are not [...]



## This is Brilliant - Must See...Must Share

Please watch this. The most brilliant speech about food / education / obesity...etc.. that I've ever seen. Brilliant. Absolutely brilliant.

....and when you've finished watching this - check out "Jamie Oliver's Food Revolution". If you missed the first few episodes, click here and watch them on Hulu.com. - the chicken nugget experiment, well...just [...]



## Freezer Cooking Guide

Learn how to cook once a month the quick and easy way. Download our Ultimate Guide to OAMC today and start preparing a months' worth of meals tomorrow.

Our "OAMC for Dummies" manual is written for people who do not have the time (or desire) to read a typical, lengthy "how-to" book. It includes 17 pages [...]

**RECIPES** meal planning  
once a month cooking  
easy meals menu planning  
freezer cooking **OAMC**  
kid friendly meals **KITS**

### Our Blog

Preserving and Pureeing  
Frugal Cooking  
Freezer Cooking / OAMC  
Meal Planning  
Featured Content  
School Lunches

### My Tweets

- Welcome Home Randy Moss!  
<http://nblo.gs/8NUCP> about 6  
hours ago

### Tags

canning cooking frugal save money

### Recent Comments

- siva on 10 Reasons to Have Family Meals More Often
- tina on Save Money by Freezing Milk

